

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fructose (g) ; Lactose (g)

Food Groups: Poultry Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 07, 2015 04:13 EST

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.40	0.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.33	0.00
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.20	0.00
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.15	0.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.08	0.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.07	0.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.04	0.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.04	0.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.03	0.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.03	0.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.00	--
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.00	--
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.00	--
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.00	--
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.00	--
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.00	--
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.00	--
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.00	--
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.00	--
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00	--
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.00	--
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00	--
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.00	--

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure	Lactose(g) Per Measure
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.00	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.00	--
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.00	--
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.00	--
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.00	--
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.00	--
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.00	--
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.00	--
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.00	--
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.00	--
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00	--
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.00	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00	--
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00	--
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.00	--
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.00	--
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.00	--
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.00	--
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.00	--